

1. Self-Respect:- I am Self-Sovereign Soul like Father.

- Baba always gives us inspirations to become self-sovereign. This is our first lesson. Those who's this foundation is strong, will be able to become free from waste easily. So, let us stabilize ourselves on the throne of self-sovereignty because only when we sit on the throne, all senses will obey our orders, not otherwise.

2. Yoga-Practice

- a. Now increase this intoxication "I am a Self-Sovereign... I am King... Master of this body...All subtle and physical senses are my servants.. They follow my instruction as I give... I give task to my physical senses according to Baba's Shrimat.... And they work accordingly.
- b. The way Brahma Baba used to hold the court of his senses everyday and used to talk to every single sensory organ... would give them directions...would review their work... in the same way we also hold the court everyday at Amritvela & night.. Give them work at Amritvela and check in the night that each one has done their work correctly...?
- c. The way Brahma Baba did intense tapasya in the beginning "I am a soul...I am a soul... and this practice made him self-sovereign easily...We also practice this intensely.

3. Inculcation – **Free from Waste Thoughts and Waste Time**

- Baba inspires us again and again to successfully use our treasure of thoughts and time. If we waste our invaluable treasures of confluence age then we will have to go through punishment. Therefore, we should obey the directions of Supreme Guru and free ourselves completely from waste.

4. Churning – Complete Surrender of Waste

- To what extent waste still exists in myself?
- What is the reason for waste to still exist in myself?
- What are the losses of waste for me?
- How to completely surrender waste?

5. To-Self-Sovereigns

Dear Self-Sovereigns! Beloved Bapdada wants to see us free from waste. In reality, waste itself is a negative word which is symbol of loss. We have to utilize all our treasures successfully and accumulate our account of positive to such an extent that we become deity for entire Kalpa... not the ones who take. So, Hey Great Souls, Wake up and lets go from waste to best.